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06 July 1982

## MEMORANDUM FOR THE RECORD

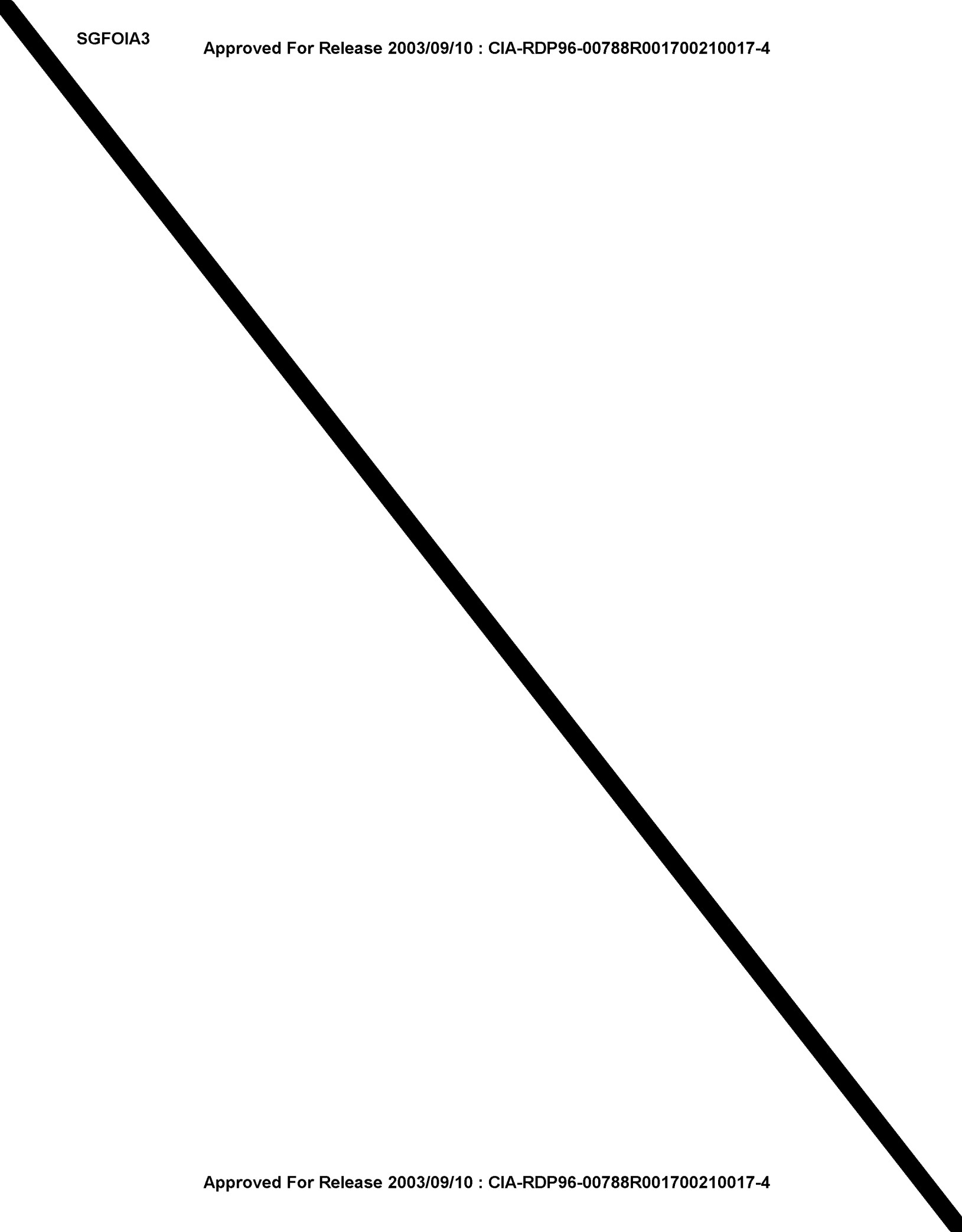
SUBJECT: Trip Report, 18-26 June 1982 (U)

1. (U) WHERE: From 18 to 26 June 1982, the undersigned attended a training seminar at the Monroe Institute of Applied Sciences (MIAS), P.O. Box 946, Faber, VA 22938. The seminar (GATEWAY) was conducted at the MIAS International Training and Conference Center (ITCC). The ITCC site, located in the foothills of the Blue Ridge Mountains, was selected by MIAS because it meets the basic minimal requirements for an environment conducive to total physical and mental relaxation, a major factor in the successful process of intense learning and meditative training/practice.
2. (U) PURPOSE: The purpose of attending the above training was to learn specific relaxation and concentration methods and develop personal self-control for both physical as well as internal mental activity.
3. (U) TRAINING DESCRIPTION: During the eight day training seminar, forty-five separate relaxation and concentration exercises were conducted. Each of these exercises were from 50 to 60 minutes in duration, followed by lengthy discussion periods. The exercises were progressive in that in the beginning they were quite simple, then, as the program continued, these exercises graduated into the more difficult, requiring a greater personal control of physical relaxation and internal mental concentration processes. The training exercises consisted of well-established techniques of progressive relaxation, breathing exercises and meditative imagery. These exercises in the majority were done within soundproof booths, in a reclined position, wearing headsets and listening to surf sounds combined with a beat frequency oscillation of tones, mixed to produce internal four hertz heterodyning affect. The theory is that the heterodyned frequency (4 hertz) will provide a frequency following response (FFR) pattern conducive to very intense levels of concentration/meditation through mental hemispheric synchronization. This desired level of concentration/relaxation is then experienced numerous times under controlled conditions, so that it can eventually be regained without the aid of the training environment. This is very much like well-known biofeedback exercises currently in use.
4. (U) PARTICIPANTS: Besides the undersigned there were 16 other individuals attending the seminar. These are listed by occupation and what they are currently involved in. The seminar was under the direction and control of Dr. Fowler Jones, a Psychologist working out of a clinical research facility located in Kansas City, Kansas; and Ms. Melissa Jager, a full-time staff employee for MIAS.

CLASSIFIED BY: MSG, DAMI-ISH  
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REVIEW ON: 14 JULY 2002

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5. (U) TRAINING PREPARATION: Prior to attending the seminar, the undersigned was required to develop complete familiarity with six training tapes provided by MIAS. Many of the people arrived for the seminar without having developed such familiarity or preparation and were disadvantaged from the start. Subsequently, they spent the better part of two or three days struggling to catch up; since they were unable to do the simplest form of concentration without falling asleep. From observation, this appeared to severely dilute their ability to derive meaningful experience from the entire eight day period. Two of these six tapes appeared to have more impact than the others for the following reasons:

a. (U) Tape #2: This tape aids in establishing a firm foundation for learning the most important aspect of concentration and relaxation; the ability to shut down normal physical sensory input while maintaining full mental consciousness/awareness. Complete familiarity with this tape prior to attending the seminar appears to heavily enhance the seminar tapes used to develop the extreme or deeper levels of concentration.

b. (U) Tape #6: This is a tape which permits implementation or expansion of personal/inner development, i.e., creativity, comprehension, or conceptualism. The benefit from these exercises is dependent upon the intensity of personal effort employed. This tape can also be used following the seminar to aid in continually reinforcing what was previously learned.

6. (U) SEMINAR NOTES: The seminar can be summarized under four major topic titles. These are: (a) the most notable exercise tapes, (b) ancillary experiences, (c) conclusions, and (d) recommendations. During the seminar and the six week period of preparation, a personal log was maintained in order to record events, in detail, as near to their time of occurrence as possible. This has aided in the accuracy of event recall. Specific experiences are subjective by their very nature and are, therefore, provided as informative or discreet observations only.

a. (S/NOFORN) Exercises: Of specific interest to IGFP are the following exercises

(1) (S/NOFORN) Focus 10 Tape: The intensity of concentration achieved can only be viewed as a distinct altered state. Mental awareness achieved was of sufficient clarity to notice that I was actually listening to myself snoring in the background. I felt as if I was wide awake and acutely aware of being able to do anything I wanted with my mind, but, at the same time, there was absolutely no physical or sensory input. I felt as if my body was sound asleep and I was not a part of it. (NOTE: This is an altogether different perception than discreet out of body.) Success is relative to the depth of concentration achieved, and is heavily dependent upon proper preparation prior to attending the seminar (see paragraph 5a above).

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(2) (S/NOFORN) Focus 15 Tape: This appears to be the primary work-type tape used throughout the seminar. Of particular interest is the use of Focus 15 to achieve an outside-of-space/time perception which allows the use of Remote Viewing for meeting past, present, or future requirements. There seemed to be an ease in focusing outside of the present while using the Focus 15 tape, that was not possible under the influence of any other tape. There were more personal experiences which occurred while utilizing the Focus 15 tape than any other tape.

(3) (S/NOFORN) Focus 12 Tape: This tape was used in conjunction with subtle attempts to produce out of body experiences. Participants were urged to visualize situations wherein they would roll out of body, or sit up out of body, etc. An interesting result from this tape is, the harder it seems one tries, the less chance of success. Eventually, the concentration and effort results in mental exhaustion, which in turn results in a deeper relaxation. It is from this deeper state of relaxation that discreet out of body experiences actually seem to stem; almost, it would seem, a learning by deliberate or forced misdirection.

(4) (S/NOFORN) Other Tapes: There were numerous other tapes which would probably not be of IGFP interest, but were of personal interest due to the experiences generated. All, in some degree, contributed towards the full development of a personal ability to achieve deep states of relaxation and concentration. The seminar as a whole is keyed towards producing a frame of mind which will allow one to relinquish preconceived notions which either directly or indirectly block the deeper states of concentration/meditation.

b. (S/NOFORN) Ancillary Experiences: The ancillary experiences fall within three separate categories; discreet out of body (OOBE), experiences with ESP (Telepathy), and personal.

(1) (S/NOFORN) Discreet OOBE: During the seminar three discreet out of body occurrences were experienced by the undersigned. The first was different from the second and third in that it came as a complete surprise, occurring as a result of boredom and inability to visualize during a Focus 12 tape. It was also unique in that another person was seen, as well as saw, the undersigned during the out of body experience. (NOTE: This was verified in writing by checking both logs kept by the undersigned and the other person immediately after tape conclusion.) During all three OOBE's a unique feeling of/or desire for revelry was felt. It appears that no matter how intense the desire is to accomplish something, when successfully going out of body those desires are immediately overridden with a complete lack of meaningful purpose. Desires or wants which are perceived to be of great importance suddenly lose their meaning, or are replaced with a more simplistic want/desire.

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(2) (S/NOFORN) ESP: Throughout the first six days of the seminar the undersigned continually passed five to eight word messages to a number of participants during the actual tape sessions. Originally, beginning with a single person who was provided with a rational reason why it could be done (e.g., "If I speak into the headsets during a lull in the tape sound, the headsets will act as a microphone through which I can pass messages to you. See if you can write down the message I send."), the messages were logged faithfully and with great accuracy. Soon, there were numerous other people involved and all writing down the same messages. On the evening of the sixth day one of these people advised Mr. R. A. Monroe that he should have something done about his electronic system, since so many messages passed by, anyone could be misconstrued during a tape session as something other than a prank. Mr. Monroe then explained, in depth, how he had gone to great extremes to ensure such a possibility could not occur. He had, in fact, brought in a professional electrical engineer to install the system and check it to ensure complete shielding between lines and circuits to prevent just such an occurrence. This explanation resulted in a complete failure by the undersigned to succeed in passing any further messages between participants. (NOTE: Throughout this entire six day period, the undersigned did not, at any time, use the headsets as a microphone. The messages passed were thought projections only.)

c. (S/NOFORN) Conclusion: The GATEWAY Program as presented by MIAS is of significant value to the U.S. Army GRILL FLAME operation, provided certain conditions are met. These conditions are:

(1) (S/NOFORN) Background: Personnel being utilized as Remote Viewers should not be exposed to the MIAS program until they have reached an acceptable level of mental maturity. It would be inappropriate to establish an accepted length of time, since each person progresses at their own pace during Remote Viewing training; however, any attempt to participate in the MIAS program prior to their ability to benefit from it would result in negative impact on the GRILL FLAME Program.

(2) (S/NOFORN) Preparation: The six tapes required for preparation before attending the seminar must be listened to on a strictly enforced basis and potential attendees should gain familiarity with them prior to departure. Incomplete preparation has a severe affect on potential outcome while attending the seminar and should be prevented. The undersigned spent approximately six weeks becoming familiar with the preparation tapes and this almost did not appear to be sufficient.

(3) (S/NOFORN) Results: It is the perception of the undersigned that the MIAS seminar proved to be of great value in providing substantial increases in personal ability to concentrate and relax. This increased ability has already proven to be of value during operational Remote Viewing sessions. There does appear to be an additional calming affect in personality as a direct result of the more esoteric personal experiences that occur during the seminar. These

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are strictly perceptual and, therefore, may not even occur with the next attendee; although the undersigned would find this possibility very remote. While the desired goal is to be able to recall necessary levels of concentration/relaxation without the use of tapes, my present perception is that this cannot be achieved at the present time. This opinion may be premature, but at the present it would appear continued use of the preparation tapes at least as a minimum, is necessary to achieve continued relaxation and concentration at desired operational levels from a day-to-day basis. In assessing whether or not parts of the seminar can be extracted for sole use in the Remote Viewing process, the first impression is that this is not possible as the seminar is currently set up. It must be understood that the seminar is very carefully and delicately balanced to produce a mood or framework of mind that is very unusual compared to the norm. It appears that it is the program as a whole that most effectively establishes the desired affect as pertains to deep states of relaxation/concentration.

d. (S/NOFORN) Recommendations:

(1) (S/NOFORN) Use of the MIAS Program in the development and maintenance of self-control, concentration, and relaxation is imperative as advanced training and the continued success of GRILL FLAME operations.

(2) (S/NOFORN) Efforts should be made to establish a one-on-one working relationship with Mr. Robert A. Monroe, specifically designed to pursue advanced techniques in support of the U.S. Army Remote Viewing Collection Operation. It is the perception of the undersigned that Mr. Monroe has the capacity to provide significant aid and assistance towards improving our collection capability.

(3) (S/NOFORN) There is a difference in the audio quality of tapes used at MIAS and those currently in use by IGFP. Efforts should be made to determine if this difference is one of equipment (amplifier) or tape reproduction. Once the cause has been identified, efforts should be made to improve the quality of audio utilized at IGFP.

(4) (S/NOFORN) Mr. Robert A. Monroe is continually updating his tape techniques and the protocol utilized in his seminar, which results in continual significant improvements in the seminar effectiveness. Recommend the eight day seminar be considered advanced mandatory training and recurring on an annual basis for all senior operational personnel assigned.

(5) (S/NOFORN) The change in overall environment between the seminar location and the IGFP operations area is strikingly significant. It is so significant, in fact, the entire frame of mind seems to alter between the two. Recommend, that any future planning for relocation of IGFP operations seriously assess the environmental impact and necessities required in support of IGFP efforts. Comparatively speaking, very little of the Fort Meade (on-post)

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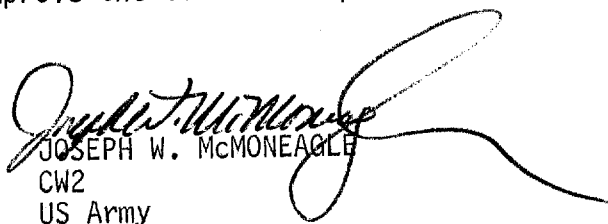
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environment is conducive toward total physical or mental relaxation/concentration once such a truly calming environment has been experienced. There is a distinct difference between administrative and operational requirements in the IGFP. Administration must be located near or in close proximity to National level Intelligence agencies; but Remote Viewing operation require an environment conducive towards full mental relaxation and concentration.

(6) (S/NOFORN) Suggest future plans consider use of a full sensory deprivation chamber in conjunction with MIAS concentration and relaxation techniques as an effective enhancement of both. There is presently no literature or effort to evaluate such a double barreled approach, but it would appear that combining the two would greatly improve the learned response.

  
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